

# THE ARLE VALLEY BENEFICE.



HOLY COMMUNION IN ORDINARY TIME

COMMON WORSHIP  
(ORDER ONE)

# HOLY COMMUNION

The Holy Communion is Christ's own service, instituted by him on Maundy Thursday, the day before he suffered death on the cross, when he broke bread with his disciples and gave the command  
'Do this in remembrance of me'.

In obedience to this command the Communion or Eucharist (thanksgiving) has become the central act of worship of the Church. Christians believe that the Communion is an encounter with the living God – a point at which heaven and earth come together as we join "...with angels and archangels, and with all the company of heaven..."

In obeying Jesus' command to "do this", believers through the ages have created the Christian community. It has been in this "doing" that Christians have discovered Christ himself, and in discovering him have also discovered one another as members of Christ.

The Christian community here in The Arle Valley is a small link in that chain of ceaseless worship which the Church offers to God the Father, through Jesus the Son and in the power of the Holy Spirit.

As you prepare to take part in this offering of praise and thanksgiving try to empty your mind of all unnecessary thoughts. Pray that through the worship you may grow closer to Jesus and that, strengthened by his body and blood, you may witness to his saving love in the world.

*I come with joy, a child of God, forgiven, loved and free,  
the life of Jesus to recall, in love laid down for me.*

*I come with Christians far and near to find, as all are fed,  
the new community of love in Christ's communion bread.*

*As Christ breaks bread, and bids us share, each proud division ends.  
The love that made us, makes us one, and strangers now are friends.*

*(Brian A. Wren b 1936)*

## **The Gathering**

*Welcome and notices may be given.*

**Hymn**     *please stand*

*The president may say*

In the name of the Father,

and of the Son,

and of the Holy Spirit.

*All*     **Amen.**

### **The Greeting**

The Lord be with you

*All*     **and also with you.**

*Words of welcome or introduction may be said.*

### **Prayer of Preparation**

*All*     **Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord.  
Amen.**

### **Invitation to confession**

The gospel calls us to turn away from sin and be faithful to Christ.

As we offer ourselves to him in penitence and faith,

we renew our confidence and trust in his mercy.

(OR)

God so loved the world  
that he gave his only Son Jesus Christ to save us from our sins, to be our  
advocate in heaven, and to bring us to eternal life.

Let us confess our sins in penitence and faith,  
firmly resolved to keep God's commandments  
and to live in love and peace with all.

*All*    **Most merciful God,  
Father of our Lord Jesus Christ,  
we confess that we have sinned  
in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy  
forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly,  
love mercy,  
and walk humbly with you, our God.  
Amen.**

*(OR)*

### **Kyrie Eleison**

*Suitable words may be said followed by the bidding  
Lord, have mercy.*

*All*    **Lord, have mercy.**

*Christ, have mercy.*

*All*    **Christ, have mercy.**

*Lord, have mercy.*

*All*    **Lord, have mercy**

*The president says*

Almighty God,  
who forgives all who truly repent,  
have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

*All*    **Amen.**

**Gloria in Excelsis**    *(said)*

*All*    **Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.**

**The Collect**

*The president introduces a period of silent prayer with the words 'Let us pray'  
or a more specific bidding.*

Merciful God,  
you have prepared for those who love you  
such good things as pass our understanding:

pour into our hearts such love toward you  
that we, loving you in all things and above all things,  
may obtain your promises,  
which exceed all that we can desire;  
through Jesus Christ our Lord.

*All*     **Amen.**

## **The Liturgy of the Word**

### **Readings**

*Ephesians 1.3-14*

<sup>3</sup>Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ <sup>4</sup>before the foundation of the world to be holy and blameless before him in love. <sup>5</sup>He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, <sup>6</sup>to the praise of his glorious grace that he freely bestowed on us in the Beloved. <sup>7</sup>In him we have redemption through his blood, the forgiveness of our trespasses according to the riches of his grace <sup>8</sup>that he lavished on us. With all wisdom and insight <sup>9</sup>he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, <sup>10</sup>as a plan for the fullness of time, to gather up all things in Christ, things in heaven and things on earth. <sup>11</sup>In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, <sup>12</sup>so that we, who were the first to set our hope on Christ, might live for the praise of his glory. <sup>13</sup>In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; <sup>14</sup>this is the pledge of our inheritance towards redemption as God's own people to the praise of his glory.

*At the end the reader may say*  
This is the word of the Lord.

*All*     **Thanks be to God.**

## Hymn

## Gospel Reading

*Before the reading*

Hear the Gospel of our Lord Jesus Christ according to N.

All **Glory to you, O Lord.**

*Mark 6.14-29*

<sup>14</sup>King Herod heard of the healings and other miracles, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' <sup>15</sup>But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' <sup>16</sup>But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

<sup>17</sup>For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. <sup>18</sup>For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' <sup>19</sup>And Herodias had a grudge against him, and wanted to kill him. But she could not, <sup>20</sup>for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. <sup>21</sup>But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. <sup>22</sup>When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' <sup>23</sup>And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' <sup>24</sup>She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the Baptist.' <sup>25</sup>Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptizer on a platter.' <sup>26</sup>The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. <sup>27</sup>Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, <sup>28</sup>brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. <sup>29</sup>When his disciples heard about it, they came and took his body, and laid it in a tomb.

*After the reading*

This is the Gospel of the Lord.

*All* **Praise to you, O Christ.**

## **Sermon**

### **The Creed**

*The president says*

Let us declare our faith in God, Father, Son and Holy Spirit.

*All* **I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord.**

**He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,  
was crucified, died, and was buried.**

**He descended to the dead.**

**On the third day he rose again.**

**He ascended into heaven,  
and is seated at the right hand of the Father.**

**He will come again to judge the living and the dead.**

**I believe in the Holy Spirit,**

**the holy catholic Church,**

**the communion of saints,**

**the forgiveness of sins,**

**the resurrection of the body,**

**and the life everlasting.**

*(OR)*

*All* **We believe in God the Father,  
from whom every family  
in heaven and on earth is named.**



**We believe in God the Son,  
who lives in our hearts through faith,  
and fills us with his love.**

**We believe in God the Holy Spirit,  
who strengthens us  
with power from on high.**

**We believe in one God;  
Father, Son and Holy Spirit.  
Amen.**

### **Prayers of Intercession**

In the power of the Spirit and in union with Christ,  
let us pray to the Father.

*These responses may be used*

Lord, in your mercy (or) Lord of compassion,  
*All* **hear our prayer. (or) in your mercy hear us.**

*And at the end*

*All* **Merciful Father, accept these prayers for the sake of your Son,  
our Saviour Jesus Christ.  
Amen.**

## **The Liturgy of the Sacrament**

### **The Peace**

*The president may introduce the Peace with a suitable sentence, and then  
says*

The peace of the Lord be always with you  
*All* **and also with you.**

Let us offer one another a sign of peace.  
*All may exchange a sign of peace.*

### **Preparation of the Table**

**Hymn** *during which a collection may be taken*

*The gifts of the people may be gathered and presented.  
The table is prepared and bread and wine are placed upon it.  
The president takes the bread and wine.*

Be present, be present,  
Lord Jesus Christ,  
our risen high priest;  
make yourself known in the breaking of bread.

*All* **Amen.**

(OR)

Yours, Lord, is the greatness, the power,  
the glory, the splendour, and the majesty;  
for everything in heaven and on earth is yours.

*All* **All things come from you,  
and of your own do we give you.**

### **The Eucharistic Prayer (E)**

*All* The Lord be with you  
**and also with you.**

Lift up your hearts.

*All* **We lift them to the Lord.**

Let us give thanks to the Lord our God.

*All* **It is right to give thanks and praise.**

Father, you made the world and love your creation.

You gave your Son Jesus Christ to be our Saviour.

His dying and rising have set us free from sin and death.

And so we gladly thank you,

with saints and angels praising you, and *saying/singing*

*All* **Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.

He broke the bread, gave it to them and said:

Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.

Again he praised you, gave it to them and said:

Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice  
made once for all upon the cross  
Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

*Great is the mystery of faith:*

*All* **Christ has died:  
Christ is risen:  
Christ will come again.**

*(OR)*

*Christ is the bread of life:*

*All* **When we eat this bread and drink this cup,  
we proclaim your death, Lord Jesus,  
until you come in glory.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.  
Look with favour on your people,  
gather us in your loving arms  
and bring us with [*N and*] all the saints  
to feast at your table in heaven.  
Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.

*All*    **Amen.**

*The service continues on p13 with The Lord's Prayer*

### **The Eucharistic Prayer    (G)**

*All*    The Lord be with you  
**and also with you.**

Lift up your hearts.

*All*    **We lift them to the Lord.**

Let us give thanks to the Lord our God.

*All*    **It is right to give thanks and praise.**

Blessed are you, Lord God,  
our light and our salvation;  
to you be glory and praise for ever.

From the beginning you have created all things  
and all your works echo the silent music of your praise.  
In the fullness of time you made us in your image,  
the crown of all creation.

You give us breath and speech, that with angels and archangels  
and all the powers of heaven  
we may find a voice to sing your praise:

*All*    **Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

How wonderful the work of your hands, O Lord.  
As a mother tenderly gathers her children,  
you embraced a people as your own.  
When they turned away and rebelled  
your love remained steadfast.

From them you raised up Jesus our Saviour, born of Mary,  
to be the living bread,  
in whom all our hungers are satisfied.  
He offered his life for sinners,  
and with a love stronger than death  
he opened wide his arms on the cross.

On the night before he died,  
he came to supper with his friends  
and, taking bread, he gave you thanks.  
He broke it and gave it to them, saying:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.  
At the end of supper, taking the cup of wine,  
he gave you thanks, and said:  
Drink this, all of you; this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.

*Christ is the bread of life:*

*All*    **When we eat this bread and drink this cup,  
we proclaim your death, Lord Jesus,  
until you come in glory.**

Father, we plead with confidence  
his sacrifice made once for all upon the cross;  
we remember his dying and rising in glory,  
and we rejoice that he intercedes for us at your right hand.

Pour out your Holy Spirit as we bring before you  
these gifts of your creation;  
may they be for us the body and blood of your dear Son.

As we eat and drink these holy things in your presence,  
form us in the likeness of Christ,  
and build us into a living temple to your glory.

Remember, Lord, your Church in every land.  
Reveal her unity, guard her faith,  
and preserve her in peace.  
Bring us at the last with [*N and*] all the saints  
to the vision of that eternal splendour  
for which you have created us;  
through Jesus Christ, our Lord,  
by whom, with whom, and in whom,  
with all who stand before you in earth and heaven,  
we worship you, Father almighty, in songs of everlasting praise:

**All    Blessing and honour and glory and power  
be yours for ever and ever.  
Amen.**

### **The Lord's Prayer**

Let us pray with confidence as our  
Saviour has taught us;  
**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,**

**as we forgive those who trespass  
against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**  
As our Saviour taught us, so we pray:

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin**

**against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

### **Breaking of the Bread**

*The president breaks the consecrated bread.*

We break this bread  
to share in the body of Christ.

**All Though we are many, we are one body,  
because we all share in one bread.**

*The Agnus Dei is said or sung*

**All Lamb of God,  
you take away the sin of the world,  
have mercy on us.  
Lamb of God,  
you take away the sin of the world,  
have mercy on us.  
Lamb of God,  
you take away the sin of the world,  
grant us peace.**

*(OR)*

**All Jesus, Lamb of God,  
have mercy on us.  
Jesus, bearer of our sins,  
have mercy on us.  
Jesus, redeemer of the world,  
grant us peace.**

### **Giving of Communion**

*The president says the invitation to communion*

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to his supper.

*All* **Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

(OR)

Draw near with faith.  
Receive the body of our Lord Jesus Christ  
which he gave for you,  
and his blood which he shed for you.  
Eat and drink  
in remembrance that he died for you,  
and feed on him in your hearts  
by faith with thanksgiving.

*The president and people receive communion. If you prefer to receive a  
blessing please indicate this by bringing this service booklet with you.*

*Authorized words of distribution are used and the communicant replies*  
*All* **Amen.**

### **Prayer after Communion**

*Silence is kept.*

God of our pilgrimage,  
you have led us to the living water:  
refresh and sustain us  
as we go forward on our journey,  
in the name of Jesus Christ our Lord.

*All* **Almighty God,  
we thank you for feeding us  
with the body and blood of your Son Jesus Christ.**



**Through him we offer you our souls and bodies  
to be a living sacrifice.**

**Send us out  
in the power of your Spirit  
to live and work  
to your praise and glory.  
Amen.**

**(OR)**

**All    Father of all,  
we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.  
May we who share Christ's body live his risen life;  
we who drink his cup bring life to others;  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord.  
Amen.**

## **The Dismissal**

**Hymn**

**Blessing**

*This or other suitable words may be said*

The peace of God,  
which passes all understanding,

keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

*All*    **Amen.**

*A minister says*

Go in peace to love and serve the Lord.

*All*    **In the name of Christ. Amen.**

*The ministers and people depart.*

Common Worship: Times and Seasons, material from which is included in this service is copyright ©  
The Archbishop's Council 2006. CCLI Licence No: 72099